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## Herald of Osteopathy, June 1901

Herald of Osteopathy

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# Herald of Osteopathy

June, 1901

Devoted to the Advancement of the Science of  
Osteopathy

A. L. EVANS, D. O., Publisher,  
31 Loveman Building, Chattanooga, Tenn.

## OSTEOPATHY DEFINED.

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**O**STEOPATHY is a method of treating disease by manipulation, the purpose and result of which is to restore the normal condition of nerve control or blood supply to every organ of the body by removing physical obstruction, or by stimulating or inhibiting functional activity, as the condition may require.—“*Theory of Osteopathy*,” *Riggs*.

Osteopathy is the science of treating disease through a technical manipulation by which the operator intelligently directs the inherent recuperative resources within the body itself to the restoration of health. It rests upon the theory that every diseased condition not due to a specific poison is traceable to some mechanical disorder, which, if corrected, will allow nature to resume perfect work.—*Popular Osteopath*.

**Legal:** “A system, method or science of healing.” (See statutes of the States of Missouri, Iowa, Michigan, Vermont, North and South Dakota and Tennessee.)

**Historical:** Dr. A. T. Still, of Kirksville, Mo., a “regular” practitioner of medicine, is the founder of this new school of healing. Becoming dissatisfied with the use of drugs in disease, as have so many of the very best of the profession, he commenced a line of research which resulted in establishing in his mind the principles upon which the science rests, about the year 1874.

**D. O., Diplmate or Doctor in Osteopathy:** The degree conferred upon graduates from a School of Osteopathy, corresponding to the degree of M. D. conferred by a medical college.



# The Herald of Osteopathy

JUNE, 1901.

## TO OUR READERS:

Opie Read has said: "Health is the inheritance of man and should be jealously guarded. Without it the wealth of Midas is but as dross, while with it a man is rich, though he be a beggar. This being granted, it goes without saying that the public should eagerly investigate any new discovery that may be made in the art of healing; and Osteopathy, if thus carefully investigated, will surely commend itself to the average person. While its methods are a radical departure from the principles which have heretofore been accepted as the basis of medical practice, if the matter is only looked at without prejudice, and the human body is regarded as but a complex machine, it will be seen at once that Osteopathy is perfectly reasonable and rational."

The sole purpose of this magazine is to explain Osteopathy to the people. We ask those interested in the question of health to carefully read the following pages, and then for further information or consultation about your own case, to call upon the Osteopath whose card appears on the fourth page of the cover.

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## "AN ANTIDOTE FOR EVERY PAIN."

M. F. HULETT, B. S., D. O., COLUMBUS, OHIO.

Suffering calls for relief. Pain is indicative of disorder. From the time of the first conception of therapy "An antidote for every pain" has been the prevalent teaching. Who has not heard the family physician repeatedly declare: "If this does not relieve you, I will give you something that will?" What are the implied admissions in this statement? First, that the diagnosis is not clear. Second, there is doubt of the efficacy of the remedy—its effect is uncertain. Third, Em-

piricism—keep trying till relief does finally come. And often this relief is only the result of sensory paralysis; or until poor abused nature, by a Herculean effort, throws off the offending obstruction, and, exhausted from the effort, succumbs to relaxation.

Implicit faith in the maxim in the above caption is—and must be—fostered by everyone who practices drug therapy. It is the fundamental premise to the drug argument. Take it away and the whole superstructure falls.



It is fortunate for us that we are endowed with a sensory nervous system. Without it our lives would be constantly in jeopardy from self-inflicted—yet not necessarily intended—injury. It is our barometer—telling us what is pleasure and what destruction. If left free to act, the experiences are agreeable. If interferences are thrown in the way, pain results. This pain is an expression of disorder—not disease. Disease—if allowable to be called a thing—is not necessarily a portion of this pain. It is rather obstruction of other nerve functions, or of circulation. Pain, again, may be the report of disturbances caused by abnormal development, or diseased conditions. In either case, treatment administered simply to relieve the pain is not curative, and its effect can at best be only temporary.

Osteopathy has demonstrated the fallacy of the "antidote theory." It holds that there is no disease as such; or, at least, it can be only a name for effects. So long as no obstruction to the free flow of vital energies exist, health must continue.

But the sufferer—how about him? When racked with pain he cares little for theories or dogmas. What he wants is relief, and it makes little difference to him by what method it comes. If Osteopathy cannot relieve pain, then he chooses other methods for immediate effect. But what are the facts? Osteopathy can and does relieve pain in its most acute form. Instances might be multiplied. Let me cite a single instance: Patient, man about fifty; intense inflammation in right iliac region, at McBurney's point. Sharp, shooting, cutting pains; suppuration threatened. A typical case of appendicitis. Examination revealed contractions in the spinal lumbar muscles, especially of the quadratus lumborum, and of this muscle, especially the fibers passing from the body of the muscle to the transverse processes of the third and fourth lumbar vertebrae. Treatment was directed to the relief of these contractions—inhibiting

strongly at affected area. Little else could be done at that time owing to the intensely inflamed condition of the abdomen. In a very few minutes the patient was comparatively easy. He slept well that night, the first time for forty-eight hours. Under further appropriate treatment entire recovery was uneventful. What was the therapeutic effect of this treatment? Inhibition of the vaso-motor center dilated the circulatory avenues, and nature, by throwing in a volume of fresh pure blood and carrying away the debris, relieved the congestion.

In a case of this character what would we expect of medicines? The indicated antidote for the pain is morphia. With this a counter-irritant to allay the inflammation—then operate. The morphia injected stops the pain, no doubt; but it does more. It takes away the power of nature to restore. It is not an aid to nature, but positively the opposite; for thereby is produced a stagnation much worse than the original condition, thus rendering operative measures a necessity.

In any method of treatment it is folly to attempt to supplant any function of nature. Artificially manufactured reagents cannot perform her duties. Nature's work is perfect only when allowed free scope. If obstructions exist the forces of nature should not be paralyzed by the use of drugs. Neither is it proper to stimulate. What is indicated is a removal of the obstruction. Osteopathy accomplishes this result by a control of the circulation of the fluids of the body through the vaso-motor nerves, and by the direct mechanical method of reduction and relaxation.

If you are a sufferer from any cause, consult your nearest competent Osteopath (see that he holds proper credentials from some legitimate college of Osteopathy). Ask him to explain his method of treatment as applicable to your particular condition. He will gladly do so.

Wheeler building, 5½ W. Broad.

Osteopathy will not implant the taste for alcoholic stimulants.



## DYSMENORRHOEA.

BY NETTIE H. BOLLES, D. O., DENVER, COLO.

One thing that appeals to a woman upon a first knowledge of Osteopathy is the fact that it brings such sure and speedy relief to suffering womankind, especially to those who are suffering from Dysmenorrhea. Any one of us can look around upon our circle of acquaintances, be it large or small, and call to mind numbers of our friends, especially among the younger girls, who suffer regularly at their menstrual periods. Some of them are wholly incapacitated for their regular duties for two or three days, and their sufferings can only be compared to those of a woman in labor.

To many who have sought relief in vain through medical means, the comforting (?) assurance has been given that "they must expect to have pain, it is only natural, all women suffer at that time." From this false doctrine we beg leave to differ, and offer in evidence the history of several cases which will speak for themselves.

In undertaking to treat such cases Osteopathically, the first essential is a correct and careful diagnosis. That once made, the battle is half won. I admit it is not always easy to locate the causes, as they are many and various, and oftentimes obscure; but to the skillful Osteopathic fingers the physical lesions accompanying such conditions are not hard to find.

Different classifications have been made as to the varieties, and many causes assigned. Perhaps the simplest classification is that given by Wells under "Dissection." As soon as the diagnosis is made function. The five varieties of difficult or painful menstruation are given as follows:

1. Neuralgic.
2. Congestive.
3. Mechanical.
4. Membranous.
5. Ovarian.

To this list I would also add Tubal.

The characteristic symptoms of the first form are the presence of pain before the flow begins. It is usually located in the pelvis, extending down the limbs, and

is steady, not spasmodic or expulsive. This form responds very readily to Osteopathic treatment and may be permanently cured. I can call to mind any number of such cases where the existing lesions were such as to produce an irritation of those nerves resulting in this neuralgic condition, but one illustration will suffice. Mrs. ——— had been a sufferer for years, ever since the beginning of menstruation. All the usual medical remedies had been used in vain. Then, said the medical adviser, "just wait until after you are married; you will be all right." But even there he proved a false prophet, for after marriage the trouble was in no wise lessened. She had been married some five or six years when I met her. After trying Osteopathic treatment just one month she was entirely relieved of all pain at the menstrual period, and the cure is a permanent one, for it has already lasted four years.

Congestive or inflammatory dysmenorrhea is generally an acute condition in which the appropriate Osteopathic treatment seldom fails to give relief.

In mechanical or obstructive dysmenorrhea Osteopathy has a large field and is only limited by those cases in which the canals are obstructed by tumors or other growths which call for surgical interference.

Other causes, such as stenosis of the os uteri, flexions of the uterus or spasmodic contractions are all amenable to our treatment. The characteristic symptoms here are the sharp, cramping, expulsive pains followed by partial or complete cessation. As soon as the diagnosis is made there can be no question as to the treatment. One case under treatment last winter we diagnosed as contraction of the internal os and gave relief through treatment of the hypogastric plexus. In a case which has come under treatment recently, I find extreme contraction of the anterior muscles of the perineum, the relaxation of which gave almost immediate relief.

Membranous dysmenorrhea is more a pathological condition than those above mentioned. From an Osteopathic stand-



point, we consider it the result of obstructed circulation, the removal of which should restore normal conditions.

In ovarian dysmenorrhea the pain is in the region of the ovaries and always precedes the flow usually some days. Neurotic patients are more nervous and hysterical for a week or ten days previous to menstruation. In a number of such cases I have found the first cause to be a prolapsed twelfth rib, even when the condition of the patient was such that it had been diagnosed and treated by the medical attendant as ovaritis. A case of special interest was that of a young girl of fourteen. At her first menstruation she had an attack of so-called ovaritis. Her suffering was so intense the attending physician said she could not live three days without relief; this he finally obtained for her through the liberal use of opiates, hence it was with great apprehension they looked forward to her next period. In the meantime friends advised them to try Osteopathy. I was called at the time of the second period. On examination the twelfth rib was found

much depressed on the side on which she was suffering the greatest pain. Although to set the rib seemed heroic treatment in her suffering condition, yet when the rib was raised she experienced great relief. It required about two months to get all the parts restored to the normal, but since then—some two years—she has had no further trouble.

Another case suffering from the same cause was that of a young lady of about twenty. For several years she had been subject to fainting spells at her menstrual periods, induced probably by her extreme pain. Her physician had exhausted all remedies and said nothing less than ovariectomy would ever give relief. The same treatment, reducing the dislocation of the twelfth rib, proved effectual.

A late case presents the history of great pain at the menstrual period, and also several hours of pain in the middle of the month. This I have diagnosed as Tubal obstruction and have found the corresponding lesions. The case is not completed yet, so the result cannot be given, but I consider the prognosis favorable.—*Popular Osteopath.*

## WHAT OSTEOPATHY IS DOING.

### A Few Cases Selected from Clinical Reports from the Field.

Reported by W. D. WILLARD, D.O., 515 Princess St., Wilmington, N. C.

#### Case No. I.

##### BILIOUS REMITTENT FEVER.

Case of boy 7 years of age. I was called on May 1, 1901, and found on examination, temperature about 104, pulse 120, and I learned upon inquiry that there had been a gradual rise and fall of temperature at intervals for several days previous. There was also nausea, vomiting and headache.

My first treatment was a strong inhibition of the posterior spinal nerves of upper cervical region, with the view of equalizing the vascular tension, also affecting at the same time the nerves controlling the lymphatics and sweat glands. This treatment in addition to raising and spreading the ribs, reduced the fever

in about ten minutes, and the patient slept fairly well during the night. The following day I found some improvement, fever returned, but not as high temperature as the day before. During the day I gave three treatments at intervals of four hours, giving especial attention to the liver, kidneys, stomach and bowels, and correcting a slight lateral lesion of fifth dorsal and recommending liquid diet. I pursued this course of treatment for three consecutive days, and my patient had entirely recovered and has been in perfect health ever since. And I could mention many other cases of fever that yielded marvelously to Osteopathic treatment.

#### Case No. II.

##### ACUTE INTESTINAL COLIC.

Miss Mary Randlett, a young lady vis-



iting from Mobile, Ala., was taken suddenly ill with a very severe attack. I was called, and found patient suffering intense pain, severe paroxysms centering around the umbilicus, radiating through the entire abdomen, pains at times very excruciating and of a piercing, cutting, twisting nature, abdomen distended and patient very restless. I at first gave an anterior treatment of abdomen, thoroughly relaxing these muscles and freeing up the mesentric circulation, thoroughly stimulating the liver and worked to increase peristalsis of bowels, and then gave very thorough treatment over splanchnic region. I also gave strong stimulation of the vagi in cervical region, and patient soon became easier. I repeated this treatment every hour for three hours consecutively—and all pains had then disappeared, which seemed a very great and most agreeable surprise to the patient, as she informed me she was subject to those attacks, and under the best medical treatment she ever had it required about six weeks to accomplish what Osteopathy had done in three hours, and, as she expressed it, she was usually sick then quite a long time after she got well. Speaking from my own experience, it is marvelous with what wonderful success Osteopaths can handle acute diseases, including diarrhoea, flux and fevers.

#### Case No. III.

##### POST-FEBRILE PARALYSIS.

Katie Powell, a girl of 11 years of age, after recovering from an attack of fever, had lost the use of both lower limbs, and had not walked for three years. When brought to me she could not stand alone. Muscles of the legs were atrophied, showing conclusively that the nerves of trophicity, as well as the motor nerves, were interfered with. Muscles and ligaments surrounding the hip joint had apparently lost their tonicity, especially those attached to the great trochanter had apparently entirely lost their co-ordinating function to support and hold the head of the femur in the acetabulum. From the first I directed my treatment to stimu-

lating and toning up those starved muscles through the nerve and blood supply. Gave thorough spinal treatment, raised the ribs on both sides, stretching and separating as much as possible each vertebra along the spinal column in order to allow free circulation of the blood to the cord. After the second weeks' treatment the conditions gradually improved, and at the close of first month patient could stand alone, and during second month could walk a few steps by being supported, and at the close of second month could take a few steps alone and could walk all round the room by holding to the hand of another. At the close of this, the second month, which was March 23, she was taken home on account of the illness of her mother, and on April 22 I received a letter from the little patient, in which she expressed her gratitude for what had been done for her, and said: "I can now walk clear across the room by myself." She also said she intended to return for further treatment.

I report this, first, because it is a remarkable case, second, to show that we cannot limit the resources and possibilities of Osteopathic treatment, even in desperate and so-called hopeless and incurable cases; third, that, sometimes at least, improvement will continue after the treatment is discontinued. This patient had been treated by all the usual methods before coming to me, receiving no benefit, so it is just a matter of "paying your money and taking your choice."

#### Case No. IV.

##### DISLOCATED ANKLE.

A young lady fell and severely sprained and partially dislocated one ankle. I was called on the following day after the accident and found patient suffering great pain, ankle swollen and very sensitive. I gave a treatment to remove swelling and soreness, and greatly relieved the pain by first treatment. On the evening of same day I gave a thorough relaxing treatment to the surrounding structures, and then succeeded in reducing the dislocation, which resulted in relieving the congestion and much of the pain, and



with one treatment every day for four days the patient was able to walk, and on the fifth day was able to go about her work as before the injury occurred. I have seen cases not any worse than this one six months on crutches where no Osteopathic treatment had been given, but where other methods had been used. I have had some of them come to me at this stage and cured them, and such is the experience of many other Osteopaths. When once the general public learn the importance of employing an Osteopath in acute troubles there will not be half so many chronic cases.

#### Case No. V.

##### PROLAPSUS UTERI AND ADHESIONS.

Single lady had taught school for a number of years. On examination I found great tenderness in dorsal and lumbar region of spine, hyper-sensitiveness of all the sacral region, and an internal examination revealed the fact of a prolapsed uterus laterally to the left, and retroflexed with fundus resting against sacrum, and adhesions holding it firmly in this abnormal position. The general health of the patient at this time was so impaired that she was not able to be on her feet to attend to her school work and had to spend most of her time in bed. I treated this case three months, with improvement from the first; gave one local treatment every week and succeeded in correcting the mal-position of the womb and broke up the adhesions, relieved the congestions, and by giving other constitutional treatment strengthened and toned up the appendages and nerve supply to the organ, and it remained in position. After the case was discharged she went back to her school work with new life and vigor. There are thousands of women today suffering agonies from such female derangements whose lives could be made happy and useful by Osteopathic treatment.

Reported by C. G. WHEELER, D. O., Brattleboro, Vermont.

#### Case No. I.

##### NERVOUS PROSTRATION.

Miss R., a young lady 20 years old

was suffering from extreme nervousness, insomnia, loss of appetite, constipation constant headache, backache, and palpitation of the heart. She was very despondent and I learned there was a strong hereditary tendency toward insanity, her sister being in an insane asylum at the time, an aunt had been a patient there, and her father died a raving maniac in the same asylum.

On examination I found the spine hyper-sensitive, but the principal lesions were in the cervical and upper dorsal regions, and the 5th rib on the left side was twisted, causing the palpitation of the heart.

These lesions yielded readily to treatment and after twelve treatments the patient was discharged, practically cured.

I have not seen her since she discontinued treatment, which was several months ago, but in a letter which I received from her recently she says: "I am doing dressmaking, before taking treatment, as you know, I could not sew at all. My back hardly ever aches, and my side is entirely well, thanks to Osteopathy."

#### Case No. II.

##### MULTIPLE NEURITIS.

Mr. F., a man 60 years old, weighing 200 pounds, had previously been in perfect health. Two months before I saw him he took a cold from exposure to cold and wet. he soon began to suffer with a burning sensation in the feet which gradually extended up his limbs involving nearly the entire body; there was a constant twitching of the muscles. When I first saw him he was suffering untold agony, was raving, rolling and tumbling on the bed and groaning at every breath; eyes were blood shot and he was a furious looking man; mind was badly unbalanced from the constant pain and loss of sleep. He had employed three different M. D.'s and the drugs they gave him to produce sleep seemed to make him more wakeful than ever, and had no effect on the pain, but did have a pretty bad effect on his stomach and kidneys, for his stomach was completely upset and kidneys very sensitive. None of these doctors gave him any encouragement, for they said it was "progressive paralysis" and there was no help for it.



I found patient in condition I have already partially described. In less than one hour had relieved him so that he went to sleep and slept more than he had before for two weeks. The treatment was directed principally to the cervical ganglia and other circulatory centers and so inhibiting the nerve force. He gradually improved under my treatment and today is a well man.

#### Case No. III.

##### NERVOUSNESS AND OTHER TROUBLES.

Mrs. J. came to me suffering with extreme nervousness, shortness of breath and palpitation of the heart on least exertion. She also suffered considerable pain between the shoulders and in her right hip.

I found lesions at 4th and 5th dorsal vertebrae, the corresponding ribs were down interfering with thoracic movement. I also found the right innominate bone posterior which caused the pain in the hip.

At the end of the month's treatment the patient was discharged as cured and after one year has had no return of her former disagreeable symptoms.

#### Case No. IV.

##### SICK HEADACHE.

Over a year ago Miss S., a school teacher, 22 years old, came to me for treatment. About once a week, usually on Sunday, she would suffer terribly with sick headache, and would scarcely get over the effects of one attack before another would begin. She declared that she would be compelled to give up teaching if she did not soon get relief.

I found the whole trouble to be in the cervical region, where I directed my treatment. After seven treatments she had improved so much, and it being time for the school to commence (in a distant town) she discontinued treatment. The cause of her trouble not being entirely removed I feared she would have some return of the headaches. She came to me recently for further treatment and said that she had only had two headaches in the past year, and thought if she could take a few more treatments she would be entirely cured, which I have no doubt will be the case.

Reported by ASA M. WILLARD, D. O.,  
Dillon, Montana.

#### Case No. I.

##### ASTIGMATISM AND WEAK EYES.

Miss B., aged 13 years, had for a number of years been troubled with her eyes, which were weak, would ache, and frequently become blood shot. There was some astigmatism.

The atlas was found to be deviated to the right and the 2nd dorsal vertebra to the left.

Questioning of the parents revealed the fact that some years ago the child had sustained a fall from a hay-mow, alighting upon the back of her neck and shoulders, but this incident had never been associated with the eye trouble. The lesions discovered, doubtless, were interfering with the blood supply to the eye-ball by impingement upon its vaso motor nerve fibers, before their entrance into the cranium.

After 3½ month's treatment, during which the mechanical derangements of spine were corrected, the case was discharged. During the past five months the eyes have caused no distress.

#### Case No. II.

##### GALL STONES.

Mr. B., age 80, was stricken with a severe attack of gall stones or hepatic colic. Had experienced great suffering during the day from which he had never been enabled to get but temporary and partial relief, and evening found the patient in a paroxysm of agony. The heart was very weak; the extremities cold, and all the blood in the body seemed congested in the abdominal veins.

The family had been advised to be prepared for the worst during the night, and were considering the advisability of telegraphing for an only son who was in Iowa. An inhibitory treatment was directed to the splanchnic nerves distributed to the region of the liver with the object of relaxing the tissues about the biliary tract, and dilating the bile duct, after which, treatment was given over the abdomen to cause the stones to pass from the gall duct into the intestine. Slight relief was afforded and in one half an hour another treatment was given, after which the patient went to sleep and rested comfortably the remainder of the



night. After two weeks, during which time he was treated, he was able to be about and felt well, beyond a slight weakness. A similar attack some years previous, which the patient described as not being so severe as this one, confined him to his bed for six weeks.

#### Case No. III.

##### ST. VITUS' DANCE.

Miss M. L., 10 years of age, had for some time been gradually getting "nervous." Her speech became impaired, stomach was very weak, the heart's action was tumultuous and irregular, and there was the characteristic loss of control of the voluntary muscles found in such cases.

Examination revealed the atlas and axis to be strained to the right, and lateral deviations of the 1st and 8th dorsal vertebra. Fifth and sixth ribs on the left side were drawn too closely together. These lesions produced a constant irritation to adjacent nerves, which resulted in the sum total of symptoms which is called chorea or, St. Vitus' dance. Very little improvement was noted during the first month, but a few treatments later the patient began to get stronger and at the end of 2½ months the case was cured. The child has steadily improved in health since discontinuing treatment, which was three months ago.

#### Case No. IV.

##### INFLAMMATORY RHEUMATISM.

Mr. E. M., age 18, became confined to his bed with an attack of inflammatory rheumatism combined with acute tonsillitis. The ankle and knee joints of both limbs were inflamed and swollen and so sensitive that patient could not turn over in bed. Bowels were costive. In the treatment of the case especial attention was given innervation of the kidneys and liver, in order to keep those organs active and thus eliminate the impurities in the blood. Constipation was controlled by the treatment to the liver, and the nerves supplying the intestines.

In one week the patient was able to walk about the house, and at the end of another week, all tenderness had disappeared from the joints.

Reported by L. D. MARTIN, D. O., Barre, Vt.

#### Case No. I.

##### STOMACH TROUBLE, ASTIGMATISM AND CONSTIPATION.

Patient-male; age about 25 years, weight 140 pounds. Case is one of about 12 years' standing; dates from a strain while cross-cut log sawing, and has gradually grown worse in spite of drugs and many physicians. Constipation was marked, requiring daily bowel stimulants. The eyes were examined and fitted with glasses in hopes that the correction of the astigmatism found would relieve the stomach from the pain and distress produced by the ingestion of food; although the diet was carefully guarded and regulated ability to labor was very limited; found the following lesions: Atlas and 1st dorsal vertebra lateral, 4th and 5th dorsal separated, with 4, 6, 8, 10 lateral, 5th lumbar anterior and the left ilium tilted. Improvement was steady after the first week; constipation yielded readily and completely; stomach is again strong, so that now, after two months' treatment patient can work, walk, and eat well. He has laid away his glasses not being able to see with them (due to correction, of course, of astigmatism, we believe and he has seen no sign of any of the former troubles for several weeks. Has gained in weight about 12 pounds. In energy and appetite for labor I judge about the same amount.

#### Case No. II.

##### DISORDERED KIDNEYS.

Patient—a boy, age 6. Had suffered with an irritated condition of the urethra and meatus urinarius, the voiding of urine giving great pain. We examined the little fellow and found a lateral 12th dorsal vertebra affecting renal nerves. Five treatments corrected the lesion and entirely relieved the trouble. (July, 1900). On Jan. 30, 1901, his parents brought him again. This the only attack since July, was of only two days' duration before I saw him. Found the same 12th dorsal out, thought to have become displaced at play. Went back into its normal condition with quite a report, and the trouble disappeared again. One treatment this time was sufficient. At this time analysis of the



urine showed abundant, large uric acid crystals, and albumin was also present. Later examination showed a normal condition of the urine and patient has enjoyed good health every since (several months).

### Case No. III.

#### BACKACHE AND CONGESTED OVARY.

Patient's age, about 30, married. Reported a great amount of severe backache in lumbar and sacral region of spine and a dull aching, dragging pain in the pelvis on left side. Headaches, nervousness, some stomach trouble, etc., as usual accompanied.

Found upon examination 12th dorsal vertebra out of position, 5th lumbar displaced and a slip at left sacro-iliac articulation. Left ovary was congested to double its normal size and sensitive. The cause of the congestion was, we believe, interference of the displaced vertebra with the nerves governing the blood supply to the organ. Two months osteopathic treatment to correct the above named lesions (causes) resulted most satisfactorily in a disappearance of all backache and pelvic trouble and general health and nervous strength have greatly improved.

The two cases given below are reported by Mary A. Burbank, D. O., Littleton, New Hampshire. The first one is written by the patient, and because of its peculiar interest we give it in full:

### Case No. I.

#### TELLS HIS OWN STORY.

September, 1899, I began to have a severe pain in my toes and heel. The ball of my foot was inflamed and I had shooting pains up both legs. I visited my family physician, who made an examination of my feet, said he thought it was a case of rheumatism, gave me a prescription, and also a powerful liniment to bathe my feet in, and told me to come again. I grew worse under his treatment, and after two months he changed his opinion of the case and called it Flatfoot.

I then went to another M. D., who gave me a dose, and liniment, and was treated by him for rheumatism.

At the end of another two months I found myself still growing worse. I gave up the M. D. and took patent medicines, then three months of static current electricity, which only helped for a few hours. I visited specialists and was treated by them and grew worse all the time. July 2, 1900, I visited the Maine General Hospital and was examined by the best M. D.'s in that institution and my case pronounced locomotor-ataxia, with no encouragement as to ever being any better.

I afterwards visited famous mineral springs, took sulphur baths, etc., and kept on trying to find help.

I was a young man, full of ambition, at the age of 25, and did not want to give up.

Aug. 15, 1900, I was obliged to give up my work in the store, it being almost impossible to get around. I used a cane all the time and could not step on my feet without my shoes on, or get up and down stairs without a great deal of exertion. I had lost the use of my toes entirely.

Dec. 8, 1900, I was asked why not see Dr. Burbank, the Osteopath, and see what encouragement she could give me. I went to her office and was examined by her, and I can say today with gratitude that I owe my life to the wonderful science of Osteopathy.

Dr. Burbank diagnosed my case as a case of neuritis, and told me it would take six months to help me, and perhaps longer.

At the beginning of the third month I could see an improvement, and at the end of the third month I disposed of my cane, and at the beginning of the fifth month went to work again in my old position.

I am still taking treatments, and am confident in a few months will be entirely cured.

Thanks to Osteopathy in this case that the M. D.'s had called rheumatism because they did not know what else to call it.

Anyone wishing information in regard to my case can consult me personally or by letter.



My advice to all who are suffering is: Don't pay an M. D. for an experiment, but go to a good Osteopath and pay them for a result.

Hoping I have not taken too much space,

I remain, respectfully,

CHESTER S. GRAY,

Littleton, N. H.

To the above Dr. Burbank adds the following:

"The lesions that I found in the above case were all along the upper dorsal region as low as the ninth dorsal vertebrae. Hyperesthesia, herpes, and twitching of the muscles existed. The skin was glossy and nails brittle. There was local sweating of the feet, the characteristic foot drop, and high-steppage gait peculiar to neuritis. Have given a general treatment to the spine three times a week, stretched sciatic nerve and rotated limbs. The lesions are not all removed yet, but the case is doing well."

#### Case No. II.

##### RHEUMATISM.

A prominent business man of this place came to me last December complaining of pain in the back and sides and rheumatism in hips, which he said had been of about twelve years' standing.

I found lesions in lower dorsal region from 9th to 12th inclusive, 11th and 12th ribs on both sides down. The patient was anemic and his muscles very flabby.

The urinalysis test gave some albumin and bile acids and pigments.

I treated this case three months. At the end of the first month the patient showed decided improvement, and at the end of the third month urine was normal, rheumatism much better, and general health improved.

He told me a short time ago it was the best money he ever invested.

All you have guessed about Osteopathy may be wrong. If you wish to know the truth concerning this interesting science, any reputable Osteopath will be glad to explain its fundamental principles, personally, or furnish you with instructive literature on the subject, free. Osteopathy bears—yes, courts—investigation.—*The Osteopathic Envoy*.

## Ex-Gov. R. L. Taylor on Osteopathy.

Notwithstanding the fact that the foundation principles of Osteopathy are simple and capable of being understood by anyone of average intelligence, yet in comparison with other systems, the beneficial results of the application of those principles to the treatment of disease appear truly wonderful. For centuries the superstition has existed in the minds of a majority of people that the only way to drive out disease was by pouring drugs into the stomach. Therefore, the advent of a system of healing which specifically discards drugs and has demonstrated its ability to conquer so large a per cent. of diseases as has Osteopathy will certainly mark an epoch in history. The following statement of ex-Gov. R. L. Taylor, of Tennessee, on this subject is timely and conservative.

"When a century later historians are sifting discoveries of science and civilization, there will be a few chapters more important, I think, than that devoted to the reformation in medicine which will have come about through the acceptance and practice of Dr. Still's system, known as Osteopathy."

Unlike surgery, which may be defined as an exact science, medicine is, as everybody knows (and none better than the doctors) a series of experiments that are not by any means always successful in restoring the sick. It is very easy to give medicine that will relieve pain, and thus drug the sentinel at the gates of life, but to cure disease by the administration of medicine is altogether a different proposition.—*Portland Oregonian*.

Can these fingers of ours be educated by lectures or reading courses? No! most emphatically no! A long and thorough course of study in which books and lectures played the leading part would fit a man to talk and write easily about the Osteopathic theories of the causation of disease, but would not fit one to do practical work in the operating room. What the world wants today and every day is fact, demonstration, truth without the frills of conjecture. Facts and demonstrations have been furnished in such large quantity during the past few years that one can easily see why it has grown so rapidly.—*The Osteopath*.

Teacher—Who can name the bones of the skull?

Bobby—I've got 'em all in my head, but I can't think of them.—*Atlanta Constitution*.



## EDITORIAL DEPARTMENT

ARTHUR L. EVANS, D. O., EDITOR,  
31 Loveman Building, Chattanooga, Tenn.

Osteopathy is here to stay.

Osteopathy is the handmaid of nature.

Osteopathy conduces to that sum of physical well being, "a sound mind in a sound body."

Remember that Osteopathy is the best treatment for both acute and chronic troubles as well as most cases of accidental injuries.

Osteopathy has unmistakably demonstrated its beneficence and its right to live by very greatly curtailing the number of experimental doses and exploratory incisions incidental to the practice of "regular" medicine and surgery.

Remember that Osteopathy successfully handles all kinds of cases, both acute and chronic. It has conquered some diseases hitherto known as incurable, and greatly lessens the number of cases in which recourse must be had to the dreaded knife.

Drugs don't give health. Life comes from food, water, air and sunshine. If the bodily machine gets out of order and doesn't properly convert the food into blood, brain and brawn, consult one skilled in animal mechanics. Don't pour drugs into your stomach.

"A natural flow of blood is health," and there cannot be perfect health when the blood flow is unnatural. In nothing is Osteopathy more successful than in stimulating, regulating and equalizing the circulation. It is equally true that nothing is so effective in accomplishing this as is Osteopathy.

If you want information on a law point you consult a lawyer. If some theological matter is not clear to you you ask a minister about it. If you care to know anything about the action of a drug you refer the matter to a medical doctor. If you are interested in Osteopathy the logical and sensible thing to do is to ask an Osteopath. By this means you will get reliable information.

Every legitimate Osteopath is provided with a diploma from a reputable school and he will gladly exhibit it when requested. Have nothing to do with those pretenders whose knowledge of the science is derived merely from a course of reading, for those who know most about Osteopathy declare that a thorough knowledge of its practice cannot be acquired in that way. Where your health and possibly your life is at stake you want no bungler, but the services of the most skillful practitioner that is to be had.

As a result of the practical failure of medical treatment, the tendency is rapidly in the direction of purely non-medical methods of healing. There is danger that in the search for a better system than drugging that equally absurd and ridiculous methods may be embraced by many people. Hence it is important that the anti-drug sentiment be rightly educated and directed in proper channels. It is fortunate, therefore, that in the very fore-front of non-medical agitation stands Osteopathy, a thoroughly practical and rational system of healing. It clearly points the way to complete emancipation from the baleful thralldom of drugs.

When you take a dose of medicine you can ordinarily feel some effect. It is not always a wholesome, pleasant or beneficial effect, yet you know that something has been done. Purgatives will ordinarily move the bowels, and opiates generally relieve pain. However, purgatives will never cure constipation, but serve rather to rivet the drug habit upon you. Opiates do not remove the cause of pain, and those who are chronic sufferers are, through its repeated administration, in grave danger of forming the dread opium habit.

Osteopathy is a great "pain killer" but in cases where the patient is not suffering with pain the effects of the treatment, unlike a dose of medicine, are not always immediately felt. Nevertheless the forces of nature may be silently engaged in the processes of repair and effectually working the restoration of health.



An amazing amount of information about pathology and bacteriology has been accumulated in recent years by the medical men. If in the practical work of curing diseases their knowledge had kept pace with their observations of its manifestations and their theories of its causes they would be entitled to lasting gratitude, but that it has not, the following from J. M. DaCosta, M. D., a man eminent in his profession will bear witness: "It is sometimes urged that accurate detection of disease make timid practitioners and deprives them of confidence in medicines. More just is it to say that it shows how wide is the chasm between our acquaintance with morbid conditions and our acquaintance with remedies; how far our skill to detect disease still outruns our power to cure it."

One reason for the condition described by Dr. DaCosta is to be found in the fact that a great deal of their so-called knowledge is derived from false premises. Having then, in many instances, erroneous ideas as to the cause of disease and in most cases wrong theories regarding its treatment, it is not remarkable that they are being outstripped by the Osteopathic profession.

### The Evil Effects of Drugs.

It is a fact that the administration of drugs will often stimulate the function of a torpid organ but such stimulation being unphysiological is in the end weakening and disastrous.

Dr. M. F. Hulett, a prominent practitioner of Osteopathy and writer on subjects pertaining to his profession, lays it down as a more or less universal law "that when extraneous substances are introduced into the system to perform a given bodily function, that function weakens in direct proportion to which the object of that introduction is accomplished."

A familiar illustration of this law is found in the results of the practice of taking strong cathartics. Of this, W. Gilman Thompson, M. D., says: "The constant overexcitation of the bowels by such remedies as aloes produces a deplorable condition in which the bowels refuse to act at all without constantly increasing dosage."

Another illustration in point is given by Dr. Kellogg, of Battle Creek, Mich. The case was that of a man who was induced to take a powerful medicine that was guaranteed to cure every form of stomach trouble without attention to diet and without loss of time from business. The results are given in the following words: "The first dose was taken after a hearty dinner, and did compel the stomach to digest it. The man was so pleased to think he could eat what he wanted and not suffer afterwards, that he took the medicine to his physician, vaunting its wonderful properties. The physician examined it and found that it was a double distilled extract of cayenne, capsicum, mustard and pepper. It was simply a tremendous whip. It forced the stomach to digest food that it was not able to digest. But that was the last meal this man's stomach ever digested. The next day he took a second dose of the medicine, and it set up an inflammation of the stomach that in a few weeks caused his death."

Osteopathy being based upon natural laws does not produce the baleful effects of drugs but leads to complete and permanent cure in cases that have not reached the stage of incurability.

It is not without significance that a young man was driven to suicide a few days ago by the use of "headache powders." When will people learn that such drugs as the "coal tar preparations" are not merely inimical, but positively destructive of nerve and heart energy? Beware of headache powders, even though they be prescribed by a "doctor."—*Philadelphia Journal of Osteopathy.*

"Happiness begins with health. The slightest disturbance of nerve or brain involves despondency. Indeed, depression is the danger bell that nature rings when the brain is overwrought. When a man daily consumes ten ounces of blood and nerve and daily produces but nine ounces, nature uses despondency to inform him he is on the road to the hospital, or insane asylum.

"The average age of our great statesmen, merchants, jurists, artists and inventors is sixty-eight years. This fact tells us that the people have not yet learned that the first requisite to great work is the development of skill in carrying the body so as to maintain the perfect health that alone makes happiness and creative work possible. The time has come when sickness is a form of sinfulness."—*Newell Dwight Hillis, in Ladies' Home Journal.*



## The Time Required to Effect a Cure.

To the patient the question of the time required to effect a cure is naturally an important one, and it is one that he usually asks in his first interview with an Osteopath. The answer depends upon many things among which are the nature and severity of the patient's complaint, the cause of it, the length of time he has suffered, his recuperative power, and the faithfulness with which he will follow the doctor's directions.

It will thus be seen that any intelligent answer must depend upon a thorough examination. Possibly then the time can only be approximated. If the case is an acute one, or of recent origin, the patient will often doubtless be surprised at the rapidity with which it yields to Osteopathic treatment. But if the case be a chronic one of long standing, as many of the cases which come to an Osteopath are, it may be necessary for the patient to exercise some degree of patience. He should understand that time is an important element in eliminating the effects of poisonous drugs from the system and in inducing normal action in torpid organs that have long been dependent upon medicinal stimulation. It is nature that cures under any system of treatment and while obstructions to the vital processes are often quickly removed by Osteopathic treatment and the reaction of health soon follows, yet it is also true that in some cases this requires considerable time.

A great deal of the fame which has been justly accorded to Osteopathy has been won by speedy victories over diseases which had hitherto baffled all other forms of treatment, and yet some of the most remarkable results have been achieved only after months of patient, faithful work. Sometimes those who have taken medical treatment for years in an unavailing effort to regain health will after a few weeks of Osteopathic treatment express impatience at the fact that they are not yet well. Such persons evidently misapprehend the claims of Osteopathy. We do not affect to banish disease by the conjurer's tricks nor the wand of the magician. We do not profess to compass the supernatural. The most that we claim is that we know

something of nature's laws and seek to work in harmony with them.

Those who expect the miraculous must draw mistaken inferences from cases of speedy cures reported in our magazines or told about by our practitioners. These cures are, however, all accomplished by working along natural lines. Those of our profession who talk over much, and who make unduly prominent their speedy cures (and all Osteopaths have their share of this class of cures) are responsible in a great degree for the fact that people expect miracles at our hands. The conscientious Osteopath seeks to discourage rather than promote the idea that there is anything occult or supernatural about his system or that he has any peculiar "gift" of healing. The one gift necessary is that of good judgment and the capacity for hard work and study.

The facts to be emphasized are that nature cures, and that Osteopathy is the best aid to nature known to therapeutics. Health is of supreme importance and like everything else of value may require some sacrifice and some time to acquire it. There are no short cuts known to nature. The cures of Osteopathy may in some instances be slow, but when it is known that they are permanent because natural the question of time will become one of minor importance.

## Osteopathy in Acute Diseases.

In the early days of the science the practitioners of Osteopathy had an opportunity to treat only those persons whose cases seemed hopeless. Those who had gone the rounds of other systems without relief tried Osteopathy as a last resort. These, of course, were chronic cases and in very many the conditions were produced by anatomical mal-adjustments, a correction of which resulted in a restoration to health. Even at this day the first cases that an Osteopath gets upon locating in a place are stubborn chronic cases.

These facts and the fact that the time of a great many Osteopaths is altogether occupied with an office practice has led some people who are not familiar with the principles of the science, to sup-



pose that the practice of Osteopathy is confined to chronic cases that are the result of dislocations and other injuries. While Osteopaths do find many sufferers whose troubles are produced by lesions which medical practitioners wholly fail to detect or recognize, yet we are not unaware that there are other causes of disease. But whatever may be the cause the manipulative treatment peculiar to Osteopathic practice is far more potent than drugs in producing physiological harmony.

Some who are forced by results they have witnessed to admit the superior merit of Osteopathy in dealing with chronic troubles are altogether skeptical of its virtues in the treatment of acute ailments. A little reflection, however, ought to convince any one that a system which can restore health and strength to the body after years of suffering ought not to be entirely inefficacious when the trouble is of recent origin. If Osteopathy can restore function to organs that have been more or less inactive for a number of years, is it less easy to believe that it can accomplish good results when disease is just beginning? As Dr. Sullivan, of Chicago, recently expressed it, "the forces used to subdue a conflagration should avail in quenching an incipient blaze."

The feeling that you must "take something" into the stomach when sick has come through long years of false teaching and practice do be a very general one. But medicine is of no value in a great majority of ailments which afflict mankind. In proof of this assertion we quote from Dr. William Osler, who in an article which appeared in the New York Sun, of Jan. 26, says of typhoid fever:

"During the last quarter sensible doctors have reached the conclusion that typhoid fever is not a disease to be treated with medicines, but that in a large proportion of all cases diet, nursing and bathing meet the indications. There is active, systematic, careful, watchful treatment, but not with drugs. The public has not yet been fully educated to this point and medicines have sometimes to be ordered for the sake of the friends, and it must be confessed that there are still in the ranks antiquaries who would

insist on a dose of some kind every few hours."

Dr. Osler is professor of medicine in the Johns Hopkins University, and a man who stands in the front rank of his profession. What he says of typhoid fever might with equal truth be applied to other fevers and other disorders.

In the treatment of acute diseases Osteopathy is as much in advance of medicine as it is in the treatment of chronic troubles.

### Biliousness.

Biliousness is a rather indefinite term, often used to denote a deranged condition of the liver. According to Thompson's valuable work on Dietetics, this condition is one "characterized by headache, nausea, vomiting, constipation, a furred tongue, anorexia, offensive breath, malaise, and, if it continues, by a sallow, yellowish, or pasty complexion."

"The most common cause of biliousness is eating too much food, or too rich or badly cooked food."

Murchison is quoted by the above author as saying: "In functional derangements of the liver, much more permanent benefit is to be expected from careful regulation of the ingesta than from physic."

We believe this to be true and would emphasize the importance of careful attention to diet, in all affections of the liver.

Yet, our experience is that there is no dietetic cure for biliousness, and that the attacks are likely to recur. In their recurrence there is grave danger which is well expressed in the above quoted textbook, in these words: "Continued disregard of the warnings of bilious attacks is liable to lead, in time, to more serious trouble, such as habitual lithaemia or oxaluria, and in some cases gout. It is possible, although it is not absolutely proved, that diabetes may be placed in the same category."

What then is to be done? Murchison expects little from physic and Thompson seems to concur in his judgment. He speaks of the bad effects of alcohol and adds: "Many other chemical stimuli, such



as opium, derange the liver functions and interfere with the elaboration of food."

In speaking further of the treatment, Thompson says: "Moderate, systematic exercise should be prescribed whenever possible, and the best forms are horseback and bicycle riding. The "jouncing" movements of the former shake and compress the liver, and stimulate its circulation and the outflow of bile."

We doubt not that systematic exercise is good—far better than drugs. Horseback riding and bicycling very likely would be helpful. But if the accidental "jouncing," shaking and compressing of the liver occasioned by horseback riding is found to be beneficial, how much more might reasonably be expected from the scientific manipulative treatment of Osteopathy?

The Osteopath works with a definite end in view; possibly only a stimulation of the circulation to the liver is needed, and nothing can accomplish this so thoroughly as an Osteopathic treatment. More likely, however, some lesion of the spine, ribs, or muscles is interfering with the innervation or blood supply to the organ and specific treatment to correct the lesion will result in a permanent cure. Many cases of this kind are recorded, and sufferers from either acute or chronic disorders of the liver would do well to consult an Osteopath without delay.

### Disorders of the Stomach.

The stomach is a very important organ and one upon which the health of the individual greatly depends. Of all the organs of the body it is most liable to abuse. This abuse comes about not only from improper diet, from overfeeding, but from irrational medical treatment which puts upon the stomach the unnatural burden of disposing of all manner of drugs which are introduced into it with the idea of favorably influencing not only the stomach's condition, when it is diseased but of all other organs of the body as well which may chance to be diseased.

Thompson's Dietetics under the general heading of "Tuberculosis," and the sub head "Aids to Dietetic Treatment," says:

"In a negative way it should be stated that one of the best aids to digestion consists in preventing the patient from disordering the stomach and the appetite with all manner of cough mixtures and ill-advised tonics." This advice is good, and it could with equal reason be extended to all diseases and be not limited to cough mixtures and tonics.

Osteopathy has been very successful in the treatment of stomach disorders. These beneficent results are achieved through a knowledge of the physiology of the stomach, its innervation and bountiful blood supply together with the technique of regulating them by manipulation and aided, of course, by a rational diet.

### Constipation.

The evil effects of constipation, effects which are both immediate and remote, cannot be too strongly emphasized. Drugs cannot cure constipation. On the contrary they are often responsible for the disease. Thompson's Dietetics says of it: "It is provoked by sedentary habits, and neglect of the calls of nature, and it is the usual accompaniment of impoverished conditions of the blood and malnutrition, and especially anemia, neurasthenia, hysteria, and chronic diseases of the liver and stomach. It is also frequently present in connection with acute fevers, and the habit of the perpetual consumption of drugs of many varieties, may occasion it." Not only will Osteopathy cure constipation, but it is the best treatment for the above mentioned diseases of which it is said to be an accompaniment.

If the facts that drugs only aggravate the conditions in constipation were not a matter of common knowledge, and it required further confirmation evidence, might be added from the last edition of Anders' Practice of Medicine. It says: "That the constant use of laxative and purgative drugs tends to a confirmation of the condition, and its ultimate resistance to the action of cathartics when circumstances will have required their use, is familiarly known."



## Health Hints.

Avoid taking drugs.

Deep breathing is of vast importance in maintaining health. This should be practiced for several minutes daily in pure air.

Masticate thoroughly everything that is eaten. Do not overeat. Eat nothing you know disagrees with you. Do not eat when very tired.

Take some form of exercise every day if it is nothing but a walk. Air and sunshine are great promoters of health. In taking exercise it is well to stop short of fatigue.

Avoid keeping late hours; get plenty of sleep. Let the sun shine into your sleeping and living rooms. See that there is plenty of pure circulating air in your bedroom, but keep out of draughts unless you are used to them.

When possible it is best to have the heaviest meal of the day late in the afternoon when plenty of time can be given to it and when rest can be taken after the meal. Ripe fruit may be eaten before breakfast or at luncheon but should not be eaten between meals.

Cultivate the habit of a daily evacuation of the bowels; have a regular hour for it and allow nothing to interfere with it. Irregularity in this matter is a fruitful source of constipation, and the evil effects of constipation are so many and serious that no reasonable precaution can afford to be neglected.

Drink plenty of pure water. Most people drink too little. While some water is permissible with meals, don't wash the food down with it. The best time to drink water is early in the morning and late at night. Much of the good obtained from visits to famous springs comes from the rest and change incident to the trip and the fact that quantities of water are drunk.

The cold bath taken in the morning assists in maintaining bodily vigor, and as many who practice it daily claim confers immunity to colds. It is not convenient for all to take the full tub or shower bath and a fairly good substitute is the sponge bath. This should be taken the first thing after rising and be followed by vigorous rubbing and the clothing then put on. Those not accustomed to the cold bath would do well to begin with warm water and gradually reduce the temperature. Two or three minutes should suffice for the process of a sponge

bath. The cold bath should never be taken when greatly fatigued.

The warm bath is best taken at night before retiring, as it has a sedative effect. It is peculiarly grateful after a fatiguing day's work or when the muscles are tired and sore. It should be taken either before a meal or two or three hours after, never immediately after eating.

A strict observance of the foregoing and other hygienic rules will materially curtail the business of the doctor. But mankind will become healthier and happier when doctors become teachers and direct their efforts more to the prevention than to the cure of disease. If, however, from ignorance of nature's laws accident, excesses or other cause you should become ill, do not flood the unoffending stomach with patent nostrums, do not even take unpatented drugs, but consult a competent Osteopath, one who is familiar with the body in health and disease, and who by the application of the principles of his science is able to restore normal physiological action. It is always best to heed the early symptoms of disease. They have been well termed "the small beginnings of death." Remember as Shakespeare has said, that "a little fire is quickly trodden out which being suffered rivers cannot quench."

## Some Things Osteopathy Will Not Do.

Osteopathy will not poison you with an overdose.

Osteopathy will not produce victims of the drug habit.

Osteopathy will not derange sound organs to cure an unsound one.

Osteopathy will not make chronic invalids, but cures many of them.

Osteopathy will not cause deafness as high medical authority says quinine sometime does.

Osteopathy will not give you any experimental doses or make any "exploratory incisions."

Osteopathy will not make an overdraft on nature, but intelligently aids and conserves her forces.

Osteopathy will not make opium fiends as all admit that reckless administration of opiates often does.

Osteopathy will not cause disease of the kidneys as the author of Hughes' Practice of Medicine says the salicylates will do.

From the days of Adam up to the present time, was there ever so much appendicitis! Every fellow with a pain in his grub bag is pronounced suffering with the disease.—*Selma (Ala.) Mirror.*



## Diseases Treated.

Below we give a partial list of diseases, cases of which have been successfully treated by Osteopathy. In giving these we do not exclude others, neither would we claim that every case of those named will yield to Osteopathic treatment. We simply wish to indicate the wide range of diseases to which Osteopathy has been found applicable. Osteopathy has cured many cases that medical authorities have pronounced incurable and has greatly reduced the number of cases in which surgical interference can be called necessary or justifiable.

In acute illness Osteopathy is especially valuable, and if the Osteopath were summoned oftener in cases of accidental injury many complications and much future suffering would be prevented.

**EYE AND EAR.**—Granulated Lids, Weak Eyes, Discharge from Ear, some forms of Deafness (dependent on cause).

**HEART AND LUNGS.**—Pneumonia, Incipient Consumption, Pleurisy, Functional Irregularities of the Heart.

**LIVER AND KIDNEYS.**—Bright's Disease, Diabetes, Jaundice, Torpid Liver, Gall Stones, Biliousness.

**BLADDER AND URETHAL DISEASES.**—Enlarged Prostate, Cystitis, Incontinence of Urine.

**STOMACH AND INTESTINAL DISORDERS.**—Catarrh of Stomach or Bowels, Flatulency, Dyspepsia, Constipation, Piles, Flux, Dysentery.

**DISLOCATIONS AND DEFORMITIES.**—Hip and Joint Diseases, Spinal Curvatures, Dislocations, Sprains, Stiff Joints, Atrophy.

**NERVOUS DISEASES (SO-CALLED.)**—Neurasthenia, Headaches, Sciatica, Tic Douloureux, St. Vitus' Dance, Insanity, Paralysis Agitans, Facial Paralysis, Locomotor Ataxia, Neuralgia, Paralysis, Hay Fever.

**OTHER DISEASES.**—Rheumatism, Asthma, Catarrh, Goitre, Eczema, Bronchitis, Wry Neck, Enlarged Tonsils, Cerebro-Spinal Meningitis, Milk Leg, Varicose Veins, Erysipelas, Scrofula, Cold Extremities, Malnutrition, Lumbago.

**DISEASES OF WOMEN A SPECIALTY.**—Irregular, Painful, Suppressed or Excessive Menstruation, Leucorrhoea, Pro-lapsus and other displacements of the uterus.

## The Terms for Treatment.

Among other false statements concerning Osteopaths, which interested parties have made, is one to the effect that their charges for treatment are unreasonably high.

We may safely say that the charges of an Osteopath are never extortionate, and, when results are considered, that they are far more reasonable than are those of the practitioners of any other system. But we are not authorized to publish a schedule of prices for all Osteopaths, and indeed, the circumstances of the patient might materially modify any schedule that could be laid down. Therefore, we would urge upon all who are interested in this as well as in any other phase of Osteopathy, that they get their information at first hand. Call upon an Osteopath and you will doubtless find that the terms are reasonable, and the treatment within your reach.

## Suggestions for Summer.

Eat less and chew more.

Do not overwork; take a vacation if possible.

Beware of unripe and over-ripe fruits.

Avoid all forms of excitement and worry.

For diarrhoea, fevers and other ailments, put yourself at once under the care of a competent Osteopath.

## The Patient and the Doctor.

Ex-Governor and ex-Congressman Bob Taylor, of Tennessee, is not only one of the most popular lecturers on the boards, but is also one of the best story-tellers in all creation. Nature intended him for a comedian. Here is one of his shortest anecdotes: "The doctor's patient was hopelessly ill. The doctor had done all that medicine and professional skill could do to save his life or prolong his days. Finally the end approached. The patient rested on his bed as the doctor told him of his serious condition.

"'Have you anything to say,' inquired the doctor—'any statement, before you pass away?'

"'Yes,' said the patient, turning wearily; 'tell my folks I wish I had got another doctor!'"—*From Champ Clark's Cloak Room Stories.*

If all the patent medicine advertisements were true, Heaven would have to do something to encourage immigration.—*Saturday Evening Post.*



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